

Criterion Eight

Physical Activity

Colleges should offer a broad and balanced sports and recreational activities programme, provide an environment that encourages physical activity, and teach students the importance of staying active for life.

Performance Indicators

1. Enrolment procedures should make students aware of recreational sports and activities that exist. These activities should respect and value the ethnicity, gender, social class, religion and ability of the students.
2. There should be ongoing promotion of recreational sports and activities.
3. Showers should be available for use by staff and students.
4. Changing facilities should be organised in such a way as to show sensitivity towards students' rights of privacy.
5. A college physical development policy and programme which demonstrates the provision of physical activity outside the timetabled lessons for both students and staff.
6. Students should be made aware of the importance of being active for their physical, psychological and social wellbeing.
7. College should ensure all people who are supervising activities are appropriately trained.

Developmental areas to consider with the Healthy College Consultant

- The college involves parents and community in supporting its physical activity programme.
- College should offer active encouragement for staff to take part in physical activities.
- Teachers undertake in-service and external training.
- The college introduces a secure cycle storage facility.
- The college provides security for staff, students and visitors belongings.
- College should provide adequate access to sports facilities and equipment.
- Single sex sporting or recreational sessions are available if appropriate.

Current Position

Performance Indicators

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2. There should be ongoing promotion of recreational sports and activities.
3. Showers should be available for use by staff and students.
4. Changing facilities should be organised in such a way as to show sensitivity towards students' rights of privacy.

Current Position

Yes	No	Evidence All evidence listed here must be available for the consultant to see (ie, in file or through visit, etc.)

Current Position

Performance Indicators

5. A college physical development policy and programme which demonstrates the provision of physical activity outside the timetabled lessons for both students and staff.
6. Students should be made aware of the importance of being active for their physical, psychological and social wellbeing.
7. College should ensure all people who are supervising activities are appropriately trained.

Current Position

Yes	No	Evidence All evidence listed here must be available for the consultant to see (ie, in file or through visit, etc.)

SMART Target Sheet

Issues to be addressed/other developments

Key Tasks	Consultation Required	Lead Personnel	Timescale

Targets agreed with KHCS Consultant

Signature: Date:

Purpose: - To help you identify specific activities beneficial to the college community.
 - To assess how these activities have benefited the college community.

Targets

Resources	Evidence of Target Met	Benefits to the College Community (immediate and long term) (Please briefly describe what the benefits and the learning experiences have been from the above activity)

Targets completed

College Signature: Date:

KHCS Consultant Signature: Date:

Notes

